

## **Abstract**

### **Title:**

Socio-economic aspects of physical activities for seniors in Prague

### **Objectives:**

The aim of study was to find out what are the socioeconomic aspects of walking and other physical activities Prague's population of seniors. Specifically find answers to questions, whether regular walk in this population affect the quality of life in old age, if those people bring motion standard from earlier stages of life, what are their motives for periodic walking, if they operate other physical activities than walking and whether is there a coherent categories of pedestrians.

### **Methods:**

In this thesis were used quantitative and qualitative research methods. The source of quantitative analysis was the questionnaire WHOQOL OLD with a complementary inquiry on walking. The sample consisted of 156 respondents and was divided equally between pedestrians and non-pedestrians. There were used methods of descriptive statistics and statistical hypothesis testing. For qualitative analysis was with a part-respondents (pedestrians) made an interview, investigating their socioeconomic status, the motives for carrying out walking and other activities, and also was made their segmentation.

### **Results:**

Statistically significantly higher quality of life (at 95% confidence level) in the domains of Independence, Filling, Nearby coexistence and Social participation, perceived Prague seniors who regularly practiced walking. In the remaining domains Death and Dying and Functioning of senses, the results were not statistically different from non-pedestrians. The Motion standard seniors brought from earlier stages of his life - 96% of seniors who have been in the past physically passive, remained passive in old age, and conversely, 80% of seniors who have previously been physically active, remains active. For elderly pedestrians was made out a 6 categories of motives for the regular walking, the most represented were daily duties, walking the dog, and social contact. Most elderly pedestrian operated other physical activities than walking, most outdoor sports, fitness and rehabilitation exercises, walk is mostly their primary activity. On the basis of segmentation have been defined 4 categories of elderly pedestrian: Ensuring athletes, active walkers, the economic pedestrians and pedestrians "forced".

**Keywords:** old age, senior, physical activity, socioeconomic status, quality of life